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A 'fun'gi recipe PAGE 22



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ROBERTSON COLLEGE

MRU student fees up 65%

Budget woes. Board votes in favour of increase as university anticipates more cuts to Campus Alberta grants



JEREMY NOLAÏS
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Students preparing to register for classes at Mount Royal University next week will be hit with a heftier fee as the institution braces for what's expected to be a difficult provincial budget.

During a special meeting of the school's board of governors Tuesday, members voted in favour of hiking the student services fee by 65 per cent to \$200 per semester for full-time students attending classes in 2015-16. Part-time students will pay \$100 apiece.

The move comes as institutions provincewide anticipate another round of cuts to their Campus Alberta grants as the provincial government works to overcome an anticipated \$7-billion deficit.

But the hike didn't sit well with Erik Queenan, president of the campus students' association — he voted against the increase.

"It's way too much for a single year," he said in an interview following Tuesday's meeting. "I think students will be upset that they are being seen as the de facto way to bail out the university."

Queenan said he believes the institution should be generating additional revenue from external partners who could rent space on campus.

In a statement Tuesday, Duane Anderson, the university's vice-president of administrative services, said the fee hike is needed to protect services he deemed critical to student success.

"We are in a difficult season of budget discussions and decisions at Mount Royal," Anderson wrote. "Our board, executive and campus leaders are exploring all options to maintain the outstanding programs delivered by our faculty and staff, while balancing the fiscal realities facing our province and all post-secondary institutions across Alberta."



CELEBRATION SET FOR EAST VILLAGE

Construction of Calgary's newest urban park is set to begin later this year. Celebration Square, or C-Square for short, will be built right along the LRT tracks in East Village and will be serviced with water, electricity and a stage in order to host small festival events. This rendering shows how the park would appear looking to the north from 7 Avenue. For the story, see page 11. COURTESY CMLC/DERON MILLER

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Traffic. No tougher penalties for hogging the left lane

The Alberta government has no plans to implement harsher penalties for those plugging up passing lanes, while our neighbour to the west aims to crack down on so-called left-lane hogs.

British Columbia Minister of Transportation Todd Stone plans to rework language in his province's Motor Vehicle Act to give police more power to punish those driving slowly in the left lane.

However, Christine Way, spokeswoman for the Alberta Ministry of Transportation, said the government here feels current deterrents are enough.

"That's not something that we're looking at this point in time," she said Tuesday.

"We certainly will be watching B.C. to see what exactly the content and makeup of this legislation will be and how it works," she said, noting the government is eager to see data collected by B.C.

In Alberta, drivers can receive a \$115 fine for driving slower than the rate of traffic. That fine jumps to \$172, along with three demerits, if the slow speed presents a hazard to other drivers.

Chris Rechner, spokesman with the Alberta Motor Association, said the group feels the issue of slow drivers clogging up the passing lane is not rooted in legislation alone, noting people's driving habits also come into play.

"We have a law and we have police out enforcing it," he said. "It's more about people driving with some common sense and giving each other a little bit more respect out there." **MORGAN MODJESKI/METRO**

CPS says there's no shortage of recruits

Law enforcement. Only 178 police officers left the force between 2012 and 2014, compared to 342 new hires



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The Calgary Police Service has indicated there is a need for new officers on many occasions, but recent numbers suggest new officers getting behind the badge are out-pacing those who are stepping off the beat.

From 2012 to 2014, a total of 178 officers either retired or resigned from the force, but police officials say the number of new officers over the same period of time is almost double that, at 342.

Insp. Mike Worden of the CPS human resources operations section explained the number of retiring officers is always considered when planning for future recruitment efforts.

"We look at our growth and then we look at our attrition and then we always try to plan for those," he said. "There are times where we have to scramble, possibly, to put a class together because we have a higher attrition for that year or that year before, so it's always a moving target."

He explained while the departure of a veteran police officer is the loss of "a great talent and a great resource,"



Members of the Calgary Police Service can at the launch of a pilot project between the CPS and this Transit Security.
METRO FILE

the force has a number of succession plans in place to ensure knowledge is passed on between officers.

However, with a rising number of applications, more than 700 of which were received in 2014 alone, he says there's always a large applicant pool to draw from.

"When you have 700 to 800 applicants, you usually have very qualified people and we can be selective," he explained. "It's usually not a concern."

"It's just more of the timing," he added.

"The time that it takes to go through the application can be quite lengthy and there are a number of steps," he said, noting it can take eight months to hire a new police officer, a period of time the CPS is "working hard to decrease."

Over the next three years, the city's police service will add only 10 officers on top of regular recruits to the force, one the city's budgetary documents says "serves more citizens with fewer officers" than other Canadian cities.

Const. Paban Dhaliwal, a

recruitment officer with the Calgary Police Service said the force's recruiting efforts are ongoing and changing with the city.

"The biggest thing is we want to reflect our community so we're always going to be recruiting," he said, adding later. "We're looking for applicants everywhere."

In 2014, Calgary Mayor Naheed Nenshi said future budgetary debates may see the plans for police and other city departments adjusted if the city's population passes projected estimates.

1 NEWS

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Jamie O'Leary was allowed to continue owning animals even after being convicted of a neglect-related charge in 2011. FACEBOOK

'Ruby' case renews cruelty-law debate

Animal abuse. Despite conviction, breeder was able to own other dogs after failing to seek treatment for mauled pit bull in 2011



JEREMY NOLAIS
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Animal-rights advocates are questioning how a self-employed Calgary dog breeder was allowed to continue operating even after being convicted on a neglect charge in 2011.

Jamie O'Leary is now among the accused in a disturbing case involving Ruby the bulldog, who investigators claim was found wandering alone in Ogden in September.

The Calgary Humane Society said the dog was starving, missing much of an ear and had large wounds on her hind

Quoted

"It's not enough and it's not right that these animals are getting hurt and abused and the only thing they (the owners) are getting is a fine."

Wendy McClelland, a veterinarian with Vets to Go, who feels the \$2,000 fine given to O'Leary isn't enough

legs and infections in both eyes. The case was labelled one of the worst the organization has seen.

Investigators have since traced the dog's ownership back to a residence owned by co-accused Michelle Caswell, who allowed O'Leary and her daughter Janice Piper, the third accused, to live under her roof.

O'Leary was slapped with a \$2,000 fine in 2011 for failing to seek medical treatment for his pit bull cross — Hip — after she was mauled by a dog.

The penalty, however, did not include a prohibition on owning animals, and a source with knowledge of the investigation said he appears to have

continued operating as a "fairly prolific" breeder.

A series of now-removed photos from his Facebook page indicate O'Leary was selling young dogs, some for \$500 or \$1,000, even after his conviction under the Animal Protection Act.

The penalty he faced didn't go nearly far enough, said Wendy McClelland with Vets To Go.

"Two-thousand dollars? He probably makes that selling two dogs," she said. "It's not enough and it's not right that these animals are getting hurt and abused and the only thing they (the owners) are getting is a fine."

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\$290M can end homelessness by 2018, advocacy group says

Calgary Homeless Foundation. MLA says province won't waver in support despite sagging economy



ROBSON FLETCHER

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Ending chronic homelessness in Calgary by the end of 2018 will take an additional investment of \$207,046 per day — each and every day, on average — between now and then, according to the Calgary Homeless Foundation.

That may seem like a staggering sum, foundation CEO Diana Krecsy admits, but she said it's actually "a lot less" than the costs of doing nothing.

"The government is going to spend more money with people who are homeless than they will to end it," Krecsy said Tuesday, referring to costs of homelessness on the health-care, justice, and social-service systems.

Her comments came as the foundation released a

major update to its 10 Year Plan to End Homelessness, initially launched in 2008.

Krecsy said Calgary has made substantial progress since then, but it will take \$290 million more from a variety of sources and the collective effort of the community to reach the 2018 goal.

To that end, the foundation launched a new website — ihearthomeyc.com — to co-ordinate the effort and track progress toward its targets of housing 100 per cent of the roughly 3,200 people in Calgary who are "experiencing chronic and episodic homelessness," stabilizing another 9,400 households "at risk or experiencing transitional homelessness," and reducing the average length of stay at emergency shelters by 60 per cent.

If all those goals are met, the foundation predicts a 70 per cent drop in the point-in-time homeless counts carried out on city streets. Those counts have remained relatively steady at around 3,500 since 2012, while the city's population grew by about 80,000 people during that same period.

The Alberta government



Calgary Homeless Foundation CEO Diana Krecsy speaks to a crowd of more than 400 people at the Red and White Club Tuesday, as she announced details of the foundation's Updated Plan to End Homelessness. ROBSON FLETCHER/METRO

is currently the largest funder of the Calgary Homeless Foundation, which distributes funds to dozens of local agencies and programs.

Calgary-Mackay MLA Teresa Woo-Paw, who attended the foundation's launch event Tuesday, said the PC government would not waver in its support despite the sagging Alberta economy.

"It is the commitment from Premier (Jim) Prentice and (Finance) Minister (Robin) Campbell that we are committed to protecting the most vulnerable citizens of our province, even during this very challenging financial time," she said.

Prentice, however, said later on Tuesday he wasn't aware of the details of the

foundation's revised plan and couldn't immediately comment on its need for \$290 million more in funding.

"We're aware of homelessness," Prentice said. "We are working together with our partners to deal with homelessness in all the ways that we can."

WITH FILES FROM JEREMY NOLAIS

Services should be accessible: Formerly homeless person

After dropping out of school in Nova Scotia at age 14 and moving to Alberta in search of work at age 18, Darren Mycroft found himself homeless on the streets of Red Deer by age 24.

Now 28 and living in Calgary, he's training to find work in the recruitment field.

He calls himself lucky to have a supportive network that helped guide him to his new path, but is still acutely aware of how much sooner it could have happened — and how much less "service use" he would have consumed — if only education had been more accessible earlier on.

Dropping out was a "mistake," he admits, but one he made as a kid and one he was unable to rectify as an adult. Try as he might, he was unable for years to find the time or money for continuing education retraining.

"If I had the support at age 24, it probably would have cost less than \$15,000," he said.

An average high-school dropout costs society \$15,850 each year, Mycroft noted, referencing a 2011 study by the United Way.

"So for four years, that's about \$60,000 worth of service use," he said.

For Mycroft, the math is simple: Investing in people before they end up homeless pays dividends for society, as a whole, down the road. ROBSON FLETCHER/METRO

Quoted

"No one of us, alone, can end homelessness."

Calgary Homeless Foundation CEO Diana Krecsy

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Airdrie. Air show flies the coop from air park

After a runway change at the Calgary Airport, the location of Airdrie's air show is, well, up in the air, as organizers say the summer favourite won't be held in the city.

After hearing about two new runways bound for the Calgary Airport, show producer Sarah Van Gilst said the organizing group found out in November that an air show in Airdrie was no longer likely.

"We've just been working on a solution since then," Van Gilst said.

"Most of the first-timer shows, they typically throw their air show together in eight weeks, so it can be done."

She added that because of the Airdrie Airpark's lo-

cation, about nine nautical miles from the airport, there simply isn't enough airspace to accommodate both a show and airport traffic.

"The airspace has changed," Van Gilst said. "It's just not usable for an air show."

A new location has yet to be chosen — and Van Gilst said the list of options is quite short. But the show must go on, and she thinks there's still hope to give spectators in the area the show they've enjoyed for years.

"This area still wants an air show, so we're just going to do our best to still provide a really exciting event."

HELEN PIKE/METRO

Discovery Channel

The event has recently been featured on a television program on the Discovery Channel called Airshow,

which was filmed in 2013 — but Van Gilst said it's unlikely they will be able to hold it in Airdrie again.

Hospitals increasingly unable to handle critical patients: NDP

Health care. Documents show that 'overcapacity protocols' were initiated more than 200 times in Calgary in November



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Calgary hospitals are increasingly triggering "overcapacity protocols," spurring fears over the quality of care being provided to patients in dire need.

Documents released by the NDP on Tuesday show that the protocols were initiated more than 200 times in Calgary in a single month: November.

Of those, nearly 70 were "Tier 1 triggers," which are initiated when a patient needs resuscitation or rapid medical intervention, the NDP said.

By comparison, fewer than 100 total triggers and just 20



Alberta NDP Calgary-Fort candidate Joe Ceci, left, and party leader Rachel Notley discuss data Tuesday that shows an increasing number of "overcapacity protocols" at Calgary hospitals. JEREMY NOLAÏS/METRO

Tier 1 triggers were reported for August, and less than 50 triggers occurred in December 2013.

"What that shows is that the number of times that people show up at an emergency room in the Calgary zone needing emergency care to either resuscitate them or

save their life and they're not able to get that care immediately has gone up almost 300 per cent in the last year," said NDP Leader Rachel Notley.

Similar figures released by the NDP in Edmonton last week show hospitals in the provincial capital are over capacity 70 to 80 times a

week, up from 20 to 30 times in April 2013.

Premier Jim Prentice said more work needs to be done to look at expenditures and potential efficiencies within Alberta Health Services. He noted that health-care costs have doubled to about \$17 billion over the last decade.

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Urban park to be built along LRT

East Village. Celebration Square, or C-Square, to use unique 'veil' to mitigate its proximity to light-rail line



ROBSON FLETCHER
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Land along a curve in the LRT line that runs through East Village is to become one of Calgary's newest urban parks under a \$3-million plan to transform the

"leftover" space into a gathering place.

The land in question, located along 4 Street SE between 6 and 7 avenues, ended up as "park space by default" as the city mapped out the major redevelopment of the once-blighted area, said Coun. Druh Farrell.

It's to be known as Celebration Square, or simply C-Square, for short.

With the LRT line immediately adjacent, the site was "very challenging" to turn into a park but "really couldn't be used for anything else," Farrell said.

The solution is a "veil" comprised of a series of aluminum fins along the east side of the tracks that are designed to shimmer during the day and be lit by integrated LEDs at night.

Farrell said the goal of the veil is "to provide a physical separation without having a fence."

"It was a really interesting design solution," she said. "Sometimes those design challenges force creativity."

Construction is to begin later this year and the park should open by spring 2016, said Susan Veres with the

Calgary Municipal Land Corporation, the city-owned development company behind East Village.

It will be serviced with water, electricity and a stage to host "small festival events," she added.

Veres said C-Square is a "pretty important" site in the larger East Village project, as it's located not just near the LRT line but also the planned shopping centre and Hilton hotel.

"It will just add to the texture of East Village," Farrell said of the park. "It's turning into a really interesting neighbourhood."



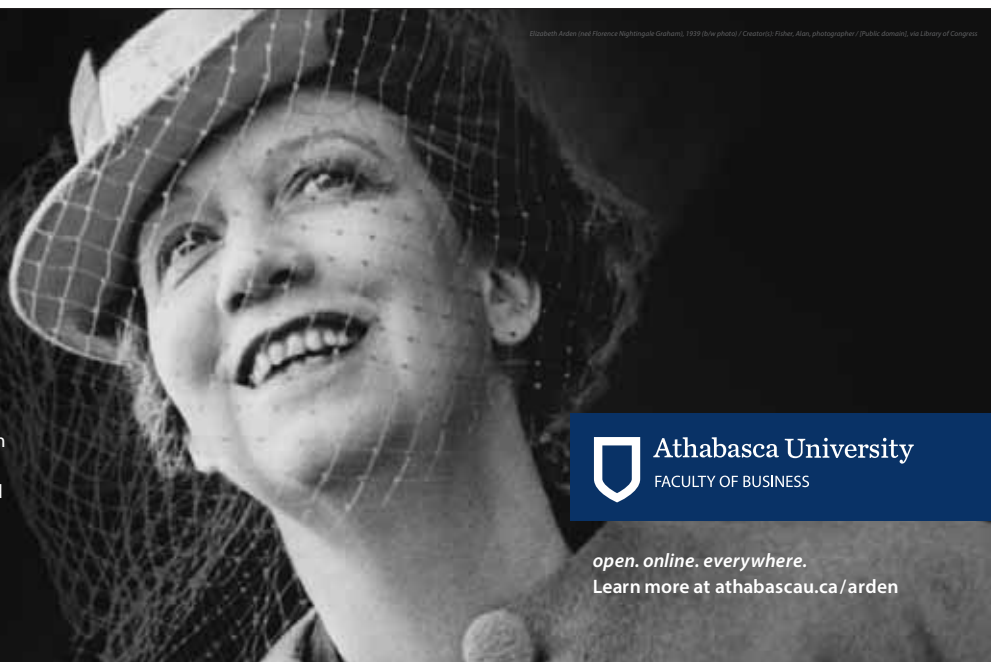
This rendering shows how the planned C-Square urban park would appear looking to the south from 6 Avenue. IMAGE COURTESY CMLC

"Our only limitations are those which we set up in our own minds."

› Elizabeth Arden: Self-Made Maven

In a time when women dare not wear make-up or run their own businesses, Elizabeth daringly did both. She was not a trained chemist, yet she pioneered the concept of scientifically formulating cosmetics. She was not a business graduate, yet she created a global empire. Curiosity and drive were her teachers; the world, her classroom.

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Credit rating safe if province stays the course: Prentice

Premier Jim Prentice reaffirmed Tuesday that his government will stay the course in an effort to right its financial ship and maintain the province's strong credit rating.

"The truth is that the cracks in Alberta's fiscal foundations run deeper than is generally acknowledged," Prentice said in a speech to the Calgary Rotary Club.

"Yes, we have a revenue problem, but we also have a spending problem. It has been overlooked for too



Jim Prentice
METRO FILE

include a 10-year plan to insulate the government's revenues and day-to-day spending against wild swings in oil prices.

long."

Prentice has not revealed a specific date to deliver the next budget, which he has said will also

He is forecasting a \$7-billion hole in the coming fiscal year, given that oil prices have been cut in half from a high of more than \$100 US a barrel last summer.

In recent weeks, Prentice and members of his cabinet have floated several ideas to raise revenue and cut spending, but have only committed to not increasing corporate taxes or raising oil royalties.

At this point, despite dire predictions about Alberta being plunged into a

recession, Prentice believes the province's pristine credit rating is safe.

"I'm not worried about it in the sense that if we do what we are recommending, we will be fine. If we pursue another path which involves doing nothing, running up \$7-billion deficits ... this province will lose its triple-A credit rating very quickly," he said.

"Bank analysts have told me that and I don't think there's any doubt about that."

THE CANADIAN PRESS

First Sled Island acts announced

Calgary's music and arts festival Sled Island has announced the first wave of confirmed musicians and its new guest curators.

Organizers revealed Tuesday that more than 250 bands will seize the city for the four-day event, including local legends Viet Cong, as well as Television, Drive Like Jehu, King Tuff and Fu Manchu.

Montreal post-rockers Godspeed You! Black Emperor will join in as the festival's guest curators for 2015.

The festival will ring in

its ninth year from June 24 to 28, virtually taking over the city's performance venues with shows stretching out through more than 30 different sites.

Passes are on sale now.

METRO

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SAIT's campus connected

Technology.

CampusQuad will help unite students from different programs and grow school's 'sense of community'



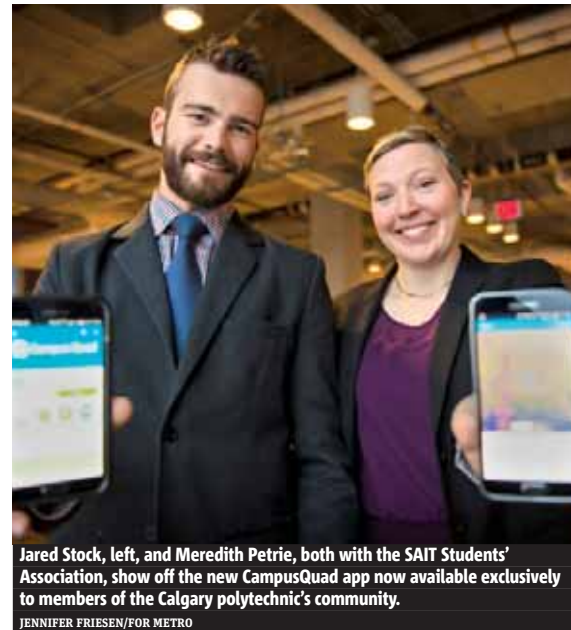
JEREMY NOLAÏS
jeremy.nolais@metronews.ca

With the touch of a few buttons, students and staff alike at SAIT can peruse upcoming events on campus, discuss recent lectures, check out potential clubs to join or nail down a peaceful spot to hit the books.

And the potential of CampusQuad is only just starting to be realized.

"One of our election candidates started to campaign on there and, totally random, I also saw one student put up a 'for rent' ad, which is also really neat," said Meredith Petrie with the SAIT Students' Association.

"Because this is limited just to SAIT students, you're



Jared Stock, left, and Meredith Petrie, both with the SAIT Students' Association, show off the new CampusQuad app now available exclusively to members of the Calgary polytechnic's community.

JENNIFER FRIESEN/FOR METRO

getting your message out there, directly to your target audience."

Petrie spurred efforts to bring CampusQuad to campus — its Feb. 2 "soft-

launch" at SAIT marked its debut north of the border.

To date, more than 600 people have signed on and Petrie said SAIT's "sense of community" is growing

Elsewhere

In the U.S., heavyweight schools like Duke, University of California-Berkeley and Georgetown have already adopted the CampusQuad app.

rapidly.

"The biggest benefit of this is it connects students from different programs," she said.

"Unlike a traditional university campus, where you're taking courses in a different programs, at SAIT you're in a school and it's very specific. If you're a culinary student, you're likely not going to mix with a student from petroleum engineering."

Jared Stock, president of the students' association, said often the learners he represents don't realize the benefits of networking until years after they're done school.

He hopes CampusQuad will spur more of that interaction.

Lots To Love About Beacon Heights in Sherwood

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More owners look to protect heritage homes

Real estate.

Interest in Calgary Heritage Initiative seeing an uptick among homeowners



HELEN PIKE
helen.pike@metronews.ca

With heritage homeowners in Calgary turning to official designations, groups are hopeful a city with a fascination for demolition will see increased interest in saving historical buildings.

A first-time workshop that members of the Calgary Heritage Initiative say is “long

overdue” will show curious property owners the benefits of making their homes a part of officially designated heritage buildings in the city — and dispel false notions about what it actually means to maintain heritage property.

“It normally takes the interest of a building owner to go the next step to get heritage designation,” said Bob Van Wegen, a board member with the Calgary Heritage Initiative.

“There’s a lot of communities and homeowners who are concerned about the loss of historic buildings in old neighbourhoods in Calgary. There’s a lot of anxiety about the loss of historic character.”

Van Wegen said interest has gone up and up since the

Quoted

“There’s a lot of anxiety about the loss of historic character.”

Bob Van Wegen, a board member with the Calgary Heritage Initiative

flood, adding many people with damaged and eligible homes were taking advantage of a now overburdened city grant program, which officials say has a two-year waiting list.

City data confirms an uptick, citing 12 designations total in 2012 and 2013, compared to 14 designations in 2014 alone. These are made up of a combination of houses, commercial, churches and parks.



Old buildings in Calgary, like this barn in Inglewood, could possibly be historically designated, and the Calgary Heritage Initiative is hosting workshops to walk owners through the process of getting their properties on the protected list of historical sites. HELEN PIKE/METRO

“Someday, somehow, I am going to do something useful, something for people.”

› Edith Cavell: Courageous Caregiver

Hailed as a brave martyr and a pioneer of modern nursing, Edith was a surprising 30 years old before she embarked on her medical training. In fact, it wasn’t until helping restore her father to health that she resolved to take up nursing as a career, and went down in history as a life-saving patriot without discrimination.

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Five charged after drug-trafficking probe

Calgary police have arrested five people in connection to an alleged drug-trafficking operation run out of a residence in Shaganappi.

On Thursday, officers from the tactical unit and District 2 Operations team entered the home in the 1700 block of 28th Street S.W. to execute a search warrant.

There they found drugs, drug-trafficking tools, firearms and stolen property, police said in a press release.

The catch

\$10K

Police found over \$10,000 worth of drugs in a Shaganappi bust Thursday.

While the search was underway, police said one of the suspects injured himself attempting to flee. He jumped from a second-storey window but was quickly arrested and treated for his injuries.

Police arrested Alan Ray McAbee, 35, of Calgary, Maria Angelica Tassone, 32, of Calgary, Eric Winston Miller, 43, of Morley, William Leonard Hazelwanter, 32, of Calgary and Appolonia Lynnorish Stump, 26, of Calgary.

Each was charged with various offences, including possession for the purpose of trafficking, firearms charges, possession of stolen property and charges related to outstanding warrants. **METRO**

Investigation

Police use CCTV after stabbing at City Hall LRT

Police are investigating after a man was stabbed at City Hall LRT station early Tuesday.

Officers responded to a call just before 5 a.m. after the victim used the emergency call box at the station to report the attack. The assailant was described as a white man in his 40s, wearing dark clothing and carrying a backpack. Det. Matrin Taylor said that CCTV footage at the station will be used to search for the culprit. **METRO**

Drugs. Four charged after two-month investigation

Four people are facing a number of charges after a two-month-long Calgary Police Service investigation into a drug operation.

According to a press release, search warrants were executed at three homes in Calgary’s northwest on Feb. 6.

As a result, officers seized more than 32 grams of cocaine, roughly 88 grams of psilocybin, better known as magic mushrooms, and more than 63 grams of marijuana.

Police also seized a number of weapons, including a hunting rifle, collapsible

Charged

Four people are facing numerous charges:

- Braden Kenneth Coxon, 28
- Troy Joshua Collier, 29
- Michelle Catherine Anderson-Bostock, 23
- Paula Ann Bjornson, 22

batons, knives and airsoft guns, along with \$2,750 in cash. **METRO**

CSIS warns of online anti-Islam movement

Homegrown. Spy agency has characterized threat as 'ongoing risk'

Canada's spy agency is eyeing the threat of a homegrown anti-Islam movement spreading online.

The Canadian Security Intelligence Service advised the office of Public Safety Minister Steven Blaney of its concerns during a secret September briefing.

CSIS flagged well-known warnings of the persistent menace posed by terrorist groups al-Qaida, Hezbollah and the more violent and radical Islamic State of Iraq and the Levant, or ISIL, say notes obtained through the Access to Information Act.

But under the heading Domestic Extremism, the spy service also underscored what might be the flip side of that coin — the recent development "of a Canadian online

anti-Islam movement, similar to ones in Europe."

CSIS characterized it as an "ongoing risk, particularly as its proponents advocate violence."

The Sept. 18 briefing for Blaney's office came a little more than a month before soldiers were killed in Canadian attacks just two days apart — murders committed by young men that authorities say were motivated by Islamic extremism.

Shortly after the killings, there was vandalism of mosques in Ottawa and Cold Lake, Alta., threats against the B.C. Muslim Association, and a general increase in reports of public bullying and harassment of Muslims.

However, CSIS is likely more interested in the kind of anti-immigrant, anti-Islam sentiment that has taken root in some parts of northern Europe, even among the middle class, said Lorne Dawson, a University of Waterloo sociology professor and co-director

of the Canadian Network for Research on Terrorism, Security and Society.

"They're just not used to dealing with immigrants at all, let alone immigrants that are quite different," Dawson said of Europe. "We have a much longer track record of immigration in general — waves and waves of immigrants that have come for decades."

Dawson suspects CSIS is motivated by the horrific July 2011 slaughter of 77 people in Norway by Anders Behring Breivik, who penned a manifesto outlining his far-right ideology, including an extreme anti-Muslim outlook.

"In Europe, it tends to attract violent individuals. So if (there's) any chance it's starting to take wings in Canada, then you can see why they're concerned," he said. "I suspect they're just seeking due diligence to be on top of this at the earliest possible moment in light of Breivik."

THE CANADIAN PRESS



Three people released after potential Halifax mall threat

Police look for a person of interest related to a potential threat which forced the closure of the Mic Mac Mall on Tuesday in Dartmouth, N.S. Halifax police have released two men and a woman who were arrested after a mall in the city chose to close Tuesday morning over potential threats, although police were not able to confirm if the threat was valid. Police said in a release Tuesday night that the three were co-operative and it's not believed they were involved in the matter. They were not charged. THE CANADIAN PRESS

Edmonton

Military report on soldier's suicide set to be released

Nearly seven years to the day a troubled young soldier killed himself on an Edmonton base, a report into whether the military police botched the probe into his death will finally be released. The publication of the Military Police Complaints Commission report next Tuesday is the latest step on a long road for the family of Cpl. Stuart Langridge. THE CANADIAN PRESS

Gen. Tom Lawson

Top soldier plans to step down

The country's top military commander is planning to step down. Several defence and government sources confirm that Gen. Tom Lawson, who has been chief of defence staff for two-and-a-half years, has asked the government not to extend his term in the fall.

THE CANADIAN PRESS



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Netanyahu assails nuclear-Iran deal

Congress. U.S. President Obama pushes back against Israeli prime minister's comments

Israeli Prime Minister Benjamin Netanyahu told Congress on Tuesday that an emerging agreement between Iran and the United States would all but guarantee that Tehran gets nuclear weapons and would be a very bad deal, drawing an extraordinarily blunt rebuttal from President Barack Obama.

Netanyahu said "Iran has proven time and again that it

Quoted



"The greatest danger facing our world is the marriage of militant Islam with nuclear weapons."

Israeli Prime Minister Benjamin Netanyahu

cannot be trusted," no matter what it says about permitting verification of the terms of any accord designed to prevent it from getting a nuclear bomb.

"The greatest danger facing

our world is the marriage of militant Islam with nuclear weapons," he said in remarks before a packed House chamber that drew loud applause from Republicans and a more restrained reaction from Democrats, in an appearance that has stirred political controversy in two countries.

Obama saw it differently, and said so from the White House. He said that the Israeli leader offered no "viable alternatives" to the nuclear negotiations with Iran and that the prospect of an agreement had already resulted in a freeze and rolling back of Iran's program.

THE ASSOCIATED PRESS



Thousands forced out after volcano erupts in Chile

The Villarica volcano erupted near Pucón, Chile, early Tuesday. The volcano spewed heavy smoke into the air as lava surged down its slopes, prompting authorities to evacuate the area of thousands of people. Local media showed images of the volcano bursting at the top, glowing in the dark amid heavy smoke and rivers of lava. ATON CHILE/THE ASSOCIATED PRESS

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Los Angeles. Homeless man killed by police was ex-con

A homeless man killed on Skid Row by Los Angeles police had been released last May from a federal prison after serving roughly 14 years for bank robbery, a law-enforcement official said Tuesday.

The man was identified as Charley Saturmin Robinet by the official, who had been briefed but was not authorized to speak publicly about the investigation and spoke on the condition of anonymity.

Robinet was a French national who was convicted in 2000 of three federal charges for holding up a Wells Fargo branch and pistol-whipping an employee to pay for acting classes at the Beverly Hills Playhouse.

Federal prison records

show he was released on May 12.

Robinet, who acknowledged being an illegal immigrant, was arrested along with an accomplice and a getaway driver after they tried to rob the bank.

Robinet was killed Sunday after a confrontation with police. Authorities say he tried to grab a probationary officer's gun and three officers fatally shot him.

The three officers who fired their weapons in a videotaped struggle that left a homeless man dead were veterans of the Skid Row beat who had special training to deal with mentally ill and other people in the downtrodden area, police leaders said.

THE ASSOCIATED PRESS

Ferguson. Justice Dept. finds patterns of police racial bias

A U.S. Justice Department investigation found sweeping patterns of racial bias within the Ferguson, Mo., police department — with officers routinely discriminating against blacks by using excessive force, issuing petty citations and making baseless traffic stops, according to law-enforcement officials familiar with the report.

The report marks the culmination of a months-long investigation into a police department that federal officials have described as troubled and that commanded national attention after one of its officers shot and killed an unarmed black man, 18-year-old Michael Brown, last summer.

It chronicles discriminatory practices across the city's criminal justice system, de-

tailoring problems from initial encounters with patrol officers to treatment in the municipal court and jail.

The full report could serve as a road map for significant changes by the department, if city officials accept its findings.

The Justice Department investigation found that black motorists from 2012 to 2014 were more than twice as likely to be stopped and searched as whites, even though they were less likely to be found carrying contraband, according to a summary of the findings.

The review also found that blacks were 68 per cent less likely than others to have their cases dismissed by a municipal court judge.

THE ASSOCIATED PRESS

Boston bombing. Trial to recount graphic details

In the two years since twin bombs tore through crowds at the Boston Marathon finish line, the case against suspect Dzhokhar Tsarnaev has focused on arguments over where his trial should be held, who should sit on the jury and what evidence prosecutors should be allowed to use.

But starting Wednesday, a day after a jury was selected, the focus will shift dramatically from the legal process to the harsh reality of what happened that day: the explosions, the screams, the chaos and the blood.

Prosecutors are expected to present graphic images of the carnage caused by the bombs, including a surveillance video that authorities say shows Tsarnaev

placing a backpack just feet from eight-year-old Martin Richard and his family. The boy died in the explosion.

The bombs set April 15, 2013, killed three people and injured more than 260. At least 16 people lost limbs.

"When people start streaming into that courthouse — many with missing limbs — and the prosecutors get up off their chairs and start talking about this again, people are going to relive the enormity and the awful nature of this," said Gerry Leone, a former state and federal prosecutor who led the prosecution of shoe bomber Richard Reid but is not involved in the Tsarnaev case.

THE ASSOCIATED PRESS

FCC head says Internet needs referee

Net neutrality. Last week's U.S. decision expected to trigger lawsuits from broadband providers

The head of the United States' Federal Communications Commission is taking the defence of new Internet regulations on the road.

Speaking at the Mobile World Congress wireless show in Barcelona, Spain, FCC chairman Tom Wheeler said Tuesday that "there needs to be a referee" for the Internet.

The FCC's vote last week approved "net neutrality" rules that prevent Internet providers such as Comcast

and Verizon from slowing or blocking Web traffic or from creating Internet fast lanes that content providers such as Netflix must pay for.

Broadband providers and Republicans have been critical of the new rules, and the FCC's decision is expected to trigger industry lawsuits that could take years to resolve.

Verizon has criticized the FCC for basing the new rules on a 1934 law. Wheeler said that the agency "modernized" the old communications legislation, leaving out parts that don't apply to today's Internet. He said that approach has worked well for wireless carriers.

The FCC approved the new rules by a 3-2 vote. One of the dissenting commis-

New Internet rules

"This is no more regulating the Internet than the First Amendment regulates free speech in our country."

FCC chairman Tom Wheeler

sioners, Ajit Pai, said the new rules are unpredictable, a situation which could make Internet providers less willing to come up with new services.

Wheeler said the rules are not intended to block innovation. He said that the agency did not want to impose broad, restrictive rules on the industry but would look at business practices on

a case-by-case basis. He said that there will be no rate regulation and that the rules won't hurt network operators' revenue streams from consumer services.

AT&T has said the rules politicize the Internet. President Barack Obama and many Democrats approve the new regulatory approach. Although Republicans have said they support an open Internet, they want a different approach.

Wheeler did not specifically address the political aspect of the decision, but said "the people against it spawned all kinds of imaginary horrors. This is no more regulating the Internet than the First Amendment regulates free speech in our country." **THE ASSOCIATED PRESS**



Tom Wheeler, chairman of the Federal Communications Commission, speaks Tuesday on the impact of recent telecommunications regulation in the U.S.. MANU FERNANDEZ/THE ASSOCIATED PRESS



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Wireless show. BlackBerry unveils four new phones

BlackBerry will launch four new smartphones this year and a new package of cross-platform applications as it continues its "philosophical" shift to making software.

The struggling company unveiled its BlackBerry Leap phone at the Mobile World Congress wireless show in Barcelona on Tuesday. The "low- to mid-" market phone will go on sale in Europe in April. Three more phones will follow.

CEO John Chen says that since he took over a year and a half ago BlackBerry is now "committed to making software as a business. That statement carries a lot."

BlackBerry will roll out BlackBerry Experience, a set of three software packages focusing on security and com-

munications for business and government customers over the next year.

Chen says BlackBerry is "stabilizing" financially, without presenting figures.

THE ASSOCIATED PRESS

Apple's remote presence

Apple Inc. isn't at the Mobile World Congress show this week, but is making its presence felt, as new phones are inevitably compared with iPhones. Apple is turning over a large portion of its home page, along with billboard and print ads, to photos from its Shot on iPhone 6 campaign to show that people can take quality images with iPhones.

Sex discrimination case. Billionaire denies venture capital firm is run by men

A prominent Silicon Valley venture capitalist who helped direct early investments in Google and Amazon said Tuesday during testimony in a high-profile sex discrimination lawsuit that his firm is not run by men and has many female senior partners.

John Doerr took the stand in San Francisco Superior Court in the lawsuit against venture capital firm Kleiner Perkins Caufield & Byers — a case that has sparked debate over the treatment of women in the high-tech and venture capital fields.

The plaintiff, Ellen Pao, says she was denied a promotion at the company because she is a woman and was fired

in 2012 after she complained. Her attorney, Alan Exelrod, has argued Kleiner Perkins had a male-dominated culture where his client received a book of erotic poetry from a male senior partner and experienced retaliation by a male colleague after she broke off an affair with him.

Doerr — a billionaire and partner at the firm, which also counts former U.S. vice-president Al Gore among its partners — said he did not recall telling an investigator that women were at a disadvantage at Kleiner Perkins because of the sheer number of men who dominate the venture capital industry.

THE ASSOCIATED PRESS

Cellular service

10 carriers bid for wireless spectrum

Industry Minister James Moore says results of the latest auction of wireless airwave licences will be unveiled Friday.

Ten cellular service carriers submitted their bids for the so-called AWS-3 long wave spectrum by the Tuesday deadline in the first

of two contests Ottawa has scheduled for this year. Another block of the "invisible infrastructure" that transmits wireless information is to be sold off in April.

Moore reiterated that the auction sets aside 60 per cent of the spectrum for carriers having less than 10 per cent of national market share.

TORSTAR NEWS SERVICE

Market Minute

DOLLAR
80.06¢
(+ 0.28¢)

Natural gas: \$2.712 US (+ 1.4¢)
Dow Jones: 18,203.37 (- 85.26)

TSX
15,133.85 (- 130.20)

OIL
\$50.52 US (+ 93¢)

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\$1,204.40 US (- \$3.80)

VOICES

HOLISTIC MEETS WESTERN MEDICINE IN CANADA



STEPHANIE ORFORD
readers@metronews.ca

With all the noise around declining vaccination rates recently, you could be forgiven for thinking Canadians were developing a serious distrust in modern medicine.

This is simply not the case, and don't let a fringe minority convince you otherwise.

Yes, alternative medical treatments are on the rise in Canada, according to the Public Health Agency of Canada, but we like our conventional medicine, too. The truth is that most Canadians are pretty happy with the medical care they get. Farah Shroff, an adjunct professor at the University of British Columbia Faculty of Medicine who researches holistic approaches to health, said her surveys of Canadian patients show more than 90 per cent deeply trust their family doctors.

A major reason for the high level of satisfaction may be that the Canadian medical profession is constantly adapting its standards and approaches to emerging research and patients' needs. The profession's approach to alternative medicine demonstrates its adaptability.

When it comes to alternative medicine, most Canadians are having their cake and eating it too, complementing their conventional treatments with alternative ones, said Shroff.

"People are looking to be healthier, and that's why they go to naturopathic doctors. It's in



With anti-vaxxers making so many headlines recently, it may seem as though Canadians are ditching modern medicine, but the evidence suggests they are actually just supplementing it with alternative therapies. **ISTOCK**

addition to, not replacement of," she explained.

More than 70 per cent of Canadians use some form of complementary and alternative medicine (CAM), including acupuncture, naturopathy and massage therapy. According to a 2012 study, people most commonly used alternative therapies to treat back pain, depression, insomnia, headaches, and gastrointestinal illness.

More Canadian mothers-to-be are turning

to alternative birth methods of one form or another, such as self-hypnosis (called hypnobirth) to avoid the use of pain medication.

Home births in Ontario have increased by 23 per cent over five years. And good luck trying to make a same-day appointment with a massage therapist or acupuncturist, said Shroff. They're all booked up due to strong demand.

Canadian doctors have responded and

adapted. For the past 15 years, Canadian medical students have been taught about alternative medicine — not how to practise it, but how to provide informed advice and conventional treatment for the increasing number of patients that use it alongside modern medicine.

An initiative out of the University of Saskatchewan called the Complementary and Alternative Medicine in Undergraduate Medicine Education Project, helps Canadian medical students learn about the issues around patients use of alternative medicine. The initiative emphasizes how important it is for doctors to discuss their patients' alternative treatments with them in an informed and non-judgmental way.

Some alternative treatments are admittedly based on scant evidence (I'm looking at you, homeopathy), but instead of dismissing them outright, Canadian medical professionals are being taught how important it is to listen to their patients and give informed advice.

Those strong doctor-patient relationships make Canadian medical care understanding and flexible, a far cry from the us-versus-the-system view that anti-vaxxers and other small groups shout about.

They help ensure Canadians are informed and safe, whatever treatment they ultimately decide to take.

Stephanie Orford is a writer based in Vancouver.

Health Canada offers reader feedback to vaccine queries

Metro compiled some of the common vaccine-related concerns we've received from readers and forwarded them to the national public health organization for insight and feedback. Here's what they had to say:

'Vaccines contain dirty ingredients'

Vaccines undergo several stages of rigorous testing to ensure their safety and effectiveness before they are approved for use. Vaccines are highly purified products, the main ingredient is an immunogen, the killed or weakened germ. It is meant to stimulate the immune system to recognize and prevent future disease.

Vaccines usually contain sterile water or salt solution, and may contain the following:

- **Adjuvants** — help vaccines work longer.
- **Preservatives** — keep multi-dose vials sterile.
- **Stabilizers** — maintain quality during storage.
- **Antibiotics** — prevent bacterial growth.

'Vaccines can kill'

The World Health Organization estimates that every year, more than two million deaths are prevented worldwide due to immunization.

Vaccine-associated deaths are extremely rare in Canada, most often related to a severe allergic reaction such as anaphylaxis. However, anaphylaxis can also result from antibiotics used to treat the vaccine-preventable disease.

If an unvaccinated child catches the real disease in Canada, the result can be serious, or even fatal.

This is because active germs multiply quickly, and your child's immune system is not prepared to defend itself.

'The schedule compromises kids' immune systems'

Currently recommended vaccines are highly purified and usually have much less risk for adversely affecting a child's immune system than the natural infection.

The vaccines recommended for children use only a small portion of the immune system's "memory." Research shows that your child's immune system can easily handle more than one vaccine safely and effectively.

Only vaccines shown to be safe and effective given together are given at the same time. Giving several vaccines at one time keeps children safe by protecting them against more diseases.

'My child got autism after vaccination'

Vaccines are sometimes blamed for conditions that are poorly understood. A child's first year of life is a time of tremendous development, and a time when serious problems may start to appear. It is also the time when most vaccines are given, but this does not mean that vaccines cause these problems.

Many of our vaccines have been in use for decades with no evidence of long-term adverse effects.

Some claim that vaccines cause autism, seizure disorders, multiple sclerosis or Crohn's disease, among other health problems. These connections have never held up to scientific scrutiny.

'The risk isn't worth it'

Unvaccinated children have a much greater risk of having a complication from the natural infection than the rare risk for a serious adverse reaction from the vaccine.

With any medicine, there is always a small chance of an allergic reaction. True anaphylaxis reactions are rare (one in 100,000 to one in a million doses) but are reversible with proper treatment.

The reactions usually start shortly after immunization is received. For this reason, a nurse or doctor will need to watch your child for 15 to 30 minutes after receiving a vaccine. Stay in the clinic for that period of time and watch for signs of a reaction.

'If vaccines are so effective, why do people still get sick?'

Vaccines work very well, but they aren't 100 per cent effective. In countries where vaccination rates are high, disease rates are low. In countries where vaccination rates are low, disease rates are high.

For herd immunity to be effective, as many people as possible must be vaccinated.

The efficacy of two doses of the measles vaccine given to infants is nearly 100 per cent.

However, due to the high infectivity of measles (each case may infect 12 to 18 others) at least 95 per cent of the population needs to be immunized to develop herd immunity.

Gossip

NED EHRBAR

METRO'S TAKE
ON THE WORLD
OF CELEBRITIES



Here's your hat, what's your hurry?

Tensions are reportedly running high behind the scenes at *The Voice*, no matter how chipper the chair-spinners look on air. Adam Levine is apparently feuding with fellow judge Pharrell Williams, as Levine is "feeling shafted by Pharrell behind-the-scenes," a source tells Radar Online. "Not only is Pharrell taking the contestants that

Adam would have generally locked in with ease, but he is also a favourite among the production staff."

Ouch. Nobody wants to feel like the production staff's passing them over for the newer, more be-hatted model. According to the source, though, staff may have good grounds for not favouring Levine: "Adam is just jaded after doing it for so many seasons," the source adds. "Production staff are saying that not only does Adam act like an a--hole, but he is totally jealous of Pharrell, and this season has brought out his true colours."

Quoted



"This season has brought out his true colours."

Pharrell ALL PHOTOS: GETTY IMAGES

Dean and Food Network Chop ties

Canadian actor Dean McDermott and the TV series *Chopped Canada* are parting ways.

In a posting on Instagram, McDermott says he will no longer be host of the culinary competition show.

And in a statement,



Shaw Media says McDermott will leave upon completion of season 2, which began Jan. 10 on Food Network Canada. McDermott didn't give a reason for the split, but said he's leaving "with a heavy heart."

He also thanked the "great crew, judges and chefs" as well as Food Network Canada.

THE CANADIAN PRESS

Dean McDermott

That's a big name for a wee guy

OK, so some men apparently give their — ahem, members — nicknames. That's a thing. I guess.

But hey, I'm all for new opportunities for creativity. And you'd have to get pretty creative to top the name *Masters of Sex* star Michael Sheen gave his, at least if girlfriend Sarah Silverman is to be believed.

Completely unprompted, Silverman took to Twitter to announce, "My boyfriend named his penis. He named it 'The Great Christine Baranski.'"

Which sounds like a mouthful, honestly.



Sarah Silverman and Michael Sheen

2
SCENE

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James Van Der Beek and Shad Moss speak during a CSI: Cyber panel in January. CSI: Cyber premieres Wednesday at 10 p.m. on CTV. GETTY IMAGES

CSI: Cyber is not just about cops on laptops

Prime-time. Actor James Van Der Beek joins crime-fighting franchise to chase down online baddies

the world, so to play a lead on something like that is a huge honour. I don't know what possessed CBS after my comedy work to think, 'Hey, we need somebody to kick some ass in the show, why don't we offer it to that guy?' But I'm really glad they did.

the dark — both fortunately and unfortunately. The well of cybercrime is bottomless, which for a storyteller is great because you never run out of storylines. I hope this show does enlighten people as to just how much this kind of crime can happen to you and what steps you might want to do to just be careful and be aware and hopefully prevent it.

NED EHRBAR
Metro in Hollywood

Former Dawson's Creek star James Van Der Beek has joined the latest spinoff of the CSI franchise, CSI: Cyber. Here's why he wants fans to watch the show:

Because he's trying something new: I love to shake it up. I can't do just one thing for too long. I had a great time doing comedy. I did it for three years, I had two shows picked up and when I got this offer I thought maybe it is time to come full circle and come back to my dramatic roots and solve some crime.

Because come on, it's more CSI: Three letters motivated me: CSI. It's one of the biggest television franchises in

Because it's not just going to be cops with laptops: I mean, a show about four people staring at a screen for an hour is generally not the most engaging television. This is a blend of cybercrime-fighting technology and old-school techniques, because the computer stuff is really fascinating, but it all eventually manifests in the real world. Behind all the cybercrime is a real human being who lives in a real location and has a real door that may or may not need to be kicked down.

Because it's a frighteningly big subject matter: I thought I was pretty savvy about cybercrime, but after speaking to the experts who were advising the show, I realized I was completely in

Because he's finally FBI age-appropriate: I think, like, 10 years ago I wanted to play an FBI agent, but I just wasn't old enough. I didn't look old enough, certainly, and it was a blessing. And then just when I least expected it, I got offered the FBI agent.

Because he's not Dawson anymore: In the last 10 years, I've grown up a lot. I've gotten married, I've had kids and just really gained a lot of perspective and a lot of appreciation for being able to work in this industry and being able to provide for my family by doing it. I just have a lot bigger suitcase to reach into for my bag of tricks emotionally.

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It's time to take on Belfast

City tour. With the Troubles behind it, Northern Ireland's capital is finding its groove

Belfast may seem an unlikely destination for tourists, associated as it is with the Catholic-Protestant conflict known as the Troubles. But the city has been transformed in recent years and is now a cosmopolitan place with plenty to see and do, much of it free.

Churches and street art

Visit Catholic and Protestant churches on Sunday. It's a free, safe, educational and potentially entertaining experience. You might even get a tour or lunch at someone's home. Ian Paisley's Martyrs Memorial, the Free Presbyterian Church of Ulster, is used to visitors at the 11 a.m. Sunday service and greets strangers with great hospitality. In Catholic west Belfast, the twin-spired St. Peter's Cathedral offers a half-dozen weekend masses, including evenings.

As you visit various neighbourhoods, you may see street murals with very different themes, ranging from Irish cultural and Catholic references, to depictions of Picasso's *Guernica* and expressions of solidarity with Palestinians and Cuban political prisoners. Murals in the Protestant loyalist heartland, called the Shankill, memorialize the community's commitment to Northern Ireland's union with Britain and the residents' Ulster-Scots culture. Graffiti and scribbles on a peace wall on Cupar Way include messages from tourists.

Titanic Quarter

Belfast has reconnected with the story of its most famous creation, the Titanic. The area surrounding the defunct



The Titanic House Visitor Centre is part of the area surrounding the now-defunct shipyard where the Titanic was built. THE ASSOCIATED PRESS

Irish music

- **For the cost of a pint.** Many pubs offer free traditional Irish music. Venues include Kelly's Cellars, tucked away in an alley in the city centre with a history going back centuries. A group called the United Irishmen met here in 1798 to plot a failed rebellion against the English.

shipyard where the ocean liner was built is now called Titanic Quarter. Various Titanic-themed attractions charge admission, but it costs nothing to marvel at the huge exterior of the Titanic Experience, which mimics the hulls of ocean liners. You can also walk on the huge slipways where the Titanic was built and launched in 1911. In what was once the docks area, you'll find memorial sculptures.



Street murals in various Belfast neighborhoods offer very different themes, ranging from Irish cultural and Catholic references, to depictions of Picasso's *Guernica*. THE ASSOCIATED PRESS

St. George's Market

Every Friday and weekend this

Victorian market offers a showcase for local crafters and food

stalls. A long-derelect landmark, St. George's Market was given a new lease of life with a multi-million redevelopment in 1997. It will cost you to buy souvenirs or indulge in an Ulster fry (a big breakfast heavy on meat and bread), but there are free samples along with free music and it's an ideal place to learn about local food.

University Quarter

The University Quarter remained a lively evening destination even in the darkest days of the Troubles. Next door to the majestic red brick Queen's University, founded by Queen Victoria, are the Botanic Gardens, with a glass house, a hot house, rose gardens and places where students can sunbathe between lectures. It's free, as is the Ulster Museum, which houses an ancient fish, the coelacanth, and the city's resident Egyptian mummy, Takabuti, among other treasures telling Ireland's story from prehistory to the present day.

THE ASSOCIATED PRESS

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Vacation fit for champions awaits you in Lake Placid

New York. More than three decades after the Olympics were hosted here, the town still boasts the sporting life



ON THE MOVE
Loren Christie
life@metronews.ca

Lake Placid has had a population hovering around 2,500 for the last 100 years and yet has managed to host the Winter Olympics twice, in 1932 and 1980. Although it has been 35 years since the world last descended on this bucolic town in the heart of New York state's Adirondack Park, the locals still pride themselves on sharing a region that continues to punch far above its weight. One such local is Brian Delaney. Lured by the post-Olympic glow, he and his wife Karen moved here in 1981 and started High Peaks



Whiteface Lodge has condo-style rooms perfect for families. PETER REMUS/METRO

Mountain Adventures, specializing in all activities that will get you out and exploring the park. At 6.1-million acres, Adirondack Park is larger than Yellowstone, Everglades, Glacier and Grand Canyon National Parks combined. I spent an afternoon getting a back-country ski lesson from Brian, which included tele-skiing techniques and a 700-foot uphill hike in foot-deep powder. After a few hours, I was exhausted and Brian set off to explore another of the park's peaks. At dinner that night, I bemoaned my lack of physical stamina to the waiter at the Lake Placid Boat House; he comforted me with the fact that Brian is an Iron Man racer.

Thank goodness everyone here knows each other.

The legacy of the Olympics blankets the area and includes world-class downhill skiing and snowboarding at Whiteface Mountain, cross-country ski trails that Olympians continue to train on and two ski jumps that tourists can visit. There is a variety of accommodation options available from motels to rental houses to the upscale Whiteface Lodge, an incredible property with some fully equipped condo style rooms perfect for families.

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This recipe makes 10 servings of 1 cup (250 ml) each. EMILY RICHARDS

Soup goes from lunch to dinner appetizer

Recipe. Mushroom Chowder is so versatile that it can be served as a dish while entertaining, or with a sandwich for your family members



DINNER EXPRESS
Emily Richards
food@metronews.ca

This soup makes plenty for a crowd as dinner appetizer, or to be enjoyed alongside a sandwich or salad for lunch.

You can also slurp it warmed up when you come home late, as my good friend Chef Tom Phuong, the man behind this recipe, does after a long shift at the Fairmont Royal York hotel in Toronto.

I love mushrooms and what they have to offer, and Tom's soup has a true mushroom flavour and really allows you to incorporate a nice variety of mushrooms.

I left the version I made a bit chunky. But for a smoother texture, purée the soup in batches in blender and return it to the soup pot to add the remaining ingredients.

If you want to speed up the cooking process, omit the mushroom stock and use

8 cups (2 l) of homemade or store-bought sodium-reduced vegetable broth and adjust the seasoning to taste.

The Mushroom Chowder will easily keep refrigerated for up to three days, making it a great make-ahead soup.

Directions

1. Mushroom Stock: In pot, combine shiitake and oyster mushrooms stems, thyme, tarragon, leek, celery, onion, bay leaves and peppercorns. Pour in water and bring to a boil. Reduce heat and simmer for 20 minutes. Remove from heat and let stand for 5 minutes. Strain stock through fine mesh sieve into another pot or large glass measuring cup, discarding the vegetables; set aside.

2. Meanwhile, thinly slice button, shiitake, oyster and portobello mushrooms; set aside. In soup pot, heat butter over medium high heat and cook shallot, onion, leek, celery, thyme, tarragon and bay leaves, stirring often 10 minutes or until golden. Stir in wine until evaporated. Add mushrooms and pour in mushroom stock; cover and bring to a boil 15 minutes or until mushrooms are tender. Remove bay leaves and using immersion blender, blend soup until smooth or to your desired texture. Stir in cream, salt and pepper, and heat until steaming.

Ingredients

- 2 pkgs (227 g each) button mushrooms
- 1 lb (454 g) shiitake mushrooms, stems removed for stock
- 8 oz (227 g) oyster mushrooms, tough stems removed for stock
- 1 small portobello mushroom cap, stem removed and gills scraped out
- 2 tbsp (30 ml) butter
- 1 shallot, diced
- 1 onion, coarsely chopped
- 1 leek, white part only, thinly sliced
- 1 stalk celery, chopped
- 1 tbsp (15 ml) chopped fresh thyme
- 1 tbsp (15 ml) chopped fresh tarragon
- 2 bay leaves
- 1/3 cup (75 mL) white wine
- 1/2 cup (125 mL) 35% whipping cream
- 1 1/2 tsp (7 ml) salt
- 1/4 tsp (1 ml) freshly ground black pepper

Mushroom Stock

- 2 cups (500 ml) shiitake and oyster mushroom stems
- 4 sprigs fresh thyme
- 2 sprigs fresh tarragon
- 1 leek, white and light green part only, chopped
- 1 stalk celery, coarsely chopped
- 1 onion, coarsely chopped
- 2 bay leaves
- 1 tsp (5 ml) whole black peppercorns
- 8 cups (2 l) water



Fraudsters are using new high-tech scams to get your money. SHUTTERSTOCK

ID fraud expected to rise in 2015: Experts

High-tech. Criminals have become experts at online scamming

BRENT JOLLY
For Metro

While social insurance numbers, health cards or simply a name and address remain the timeworn treasures of identity thieves, industry experts expect the scale and complexity of scams will continue to rise in 2015, particularly in the digital world.

"Over the last few years we have seen a sharp increase in digital skullduggery," said Daniel Williams, a senior call-taker supervisor with the Canadian Anti-Fraud Centre (CAFC) in North Bay, Ont. "The Internet has helped scammers get information from consumers a lot cheaper and easier," he said. "Right now, the sky is the limit."

According to current CACF statistics, 11 of the top 20 kinds of fraud involve the Internet. Williams said the No. 1 fraud is what he calls the "Microsoft virus scan" scam.

In this case, fraudsters swindle unsuspecting computer owners by calling them and claiming to be from a company, such as Microsoft, who need to repair an error on your personal computer. Once they have access to your computer, your digital security has been compromised, Williams said.

"These scammers are incredibly skilled and a lot of ingenuity is put into their schemes. And they are richly rewarded for it."

Jennifer Fiddian-Green, a forensic accountant with Toronto-based Grant Thornton LLP, agrees with Williams. She said consumers need to be aware that identity theft and fraud have become significantly more complex.

In particular, Fiddian-Green

said many criminals are attempting to impersonate private business owners through emails to their own staff. For example, she said cybercriminals will send emails to chief financial officers, or whoever manages the company's corporate bank account, by pretending to be an executive who needs to wire money.

"These emails are remarkably assembled, personal and look exactly like real ones that would be sent within a firm," Fiddian-Green said.

Her best advice? Look for tell-tale signs in the email, such as an extra letter or period that is out of place. Be sure to ask questions to make sure you know who you are dealing with.

"A lot of what scammers are doing right now will continue to be successful," Williams said. "There is no reason to believe they will stop using techniques like phishing emails, or bogus websites."

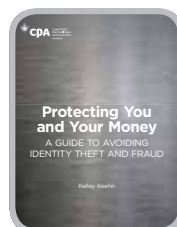


1 IN 3 CANADIANS IS A VICTIM OF FRAUD

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The jobs of summer aren't gone (quite yet)

Employment. The days are getting longer, and recruitment for summer work is already in full swing

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A lucky few have a summer job offer in hand, but if you haven't, don't worry. There's still time to land that seasonal gig — here's how.

Update your resumé, cover letter, and LinkedIn profile

It's time to dust off the most recent version of your resumé, and make sure it's fully up to date. If you are adding quite a bit of new information, you may need to remove some older experience off your resumé. Be sure to pay special attention to formatting; since recruiters scan through these documents quickly, it should be optimized for readability.

While your cover letter should, of course, be customized for each position, it's a good idea to have a generic template prepared with your best stories and experiences. It will provide a good jumping off point for job-specific



If you have entrepreneurial aspirations, consider starting your own business for the summer. Programs like Summer Company offer grants to students who aim to work for themselves. iStock

cover letters later on.

Resumés no longer just live on paper. Don't forget to update various digital versions of your resumé, whether

it be your LinkedIn profile, other professional profiles, or a personal website. Anywhere online where you may have a resumé uploaded, make sure you replace it with your updated one.

Apply to postings — but not every posting

Many people believe that the more jobs you apply to, the better chance you have of getting a call back. This is true to some extent, but when you start firing off resumés and generic cover letters to postings that don't fit with your profile or career goals at all, just for the sake of applying,

hiring managers can tell.

It's often better to do a few things well than do many things poorly, and this definitely holds true for job applications. Be at least somewhat selective in applying to job postings. Only apply to companies and roles you've really researched, and can prepare a stellar and customized application for. You need to be able to tie all your past experience, skills, and interests into a compelling story about why you should have the job you seek. If you find you are really stretching to make that connection, it's probably not the right job for you.

Have a backup plan

Though it may feel like the end of the world if you don't end up with a summer gig, if you have a solid backup plan in place, you can still make the most of your summer. The worst thing you can do is nothing.

- Unpaid internships and volunteer work still look great on a resumé, and most places will let you flex your schedule around a part-time job. It's usually much easier to get a volunteer position in your desired field than paid work, and is great preparation for future recruiting seasons.
- Summer courses are another productive way to get ahead of your workload for next year. If you have entrepreneurial aspirations, consider starting your own business for the summer. Programs like Summer Company offer grants to students who start their own business.

Leverage your network

LinkedIn is a great way to leverage your personal network to find a summer job. Search companies you are interested in on LinkedIn, and see who in your network works there. If it's someone you have a second- or third-degree connection with, try to get someone to introduce you. If you can't get a formal introduction, send a short message and bio, and ask if you can speak with them further by email or phone.

You can also filter search results by what school people attended, which is a great way to find alumni from your school who are currently working at companies you are interested in. Reaching out to alumni is a great networking strategy, since you already have something in common.

For contacts that you have a more personal relationship with (like friends and family), make sure to let them know that you are hunting for a summer internship, and give them an updated copy of your resumé.

Send cold emails

Applying to live postings is

only half the battle. Research other companies you are interested in that might not have summer job postings. Check company websites for contact information and see if there is someone you can reach out to with a cold email.

The response rate on cold emails is higher than you might think. Even if you can't get directly in touch with a decision-maker, many people are happy to answer questions and connect you with the right person.

Update your portfolio

Summer job-hunting is the perfect reason to make sure your portfolio is fully up to date. Take this time to refresh your portfolio with your latest and greatest accomplishments.

Reviewing your portfolio periodically is a good exercise to provide you with inspiration for your cover letters and interviews. Sometimes it's easy to forget your own accomplishments, and this process will keep everything top of mind as you go through the summer recruitment season.

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Happy homecoming for Johnny Hockey

NHL. Flames put damper on Flyers' playoff hopes, improve their own in Philly

Johnny Gaudreau used to cheer from the Philly seats as loud as any kid could for his hometown Flyers.

Gaudreau left the Flyers' home ice smiling again — a happy homecoming, only in a Calgary sweater.

Jiri Hudler scored 1:23 into overtime to lift the scuffling Flames to a 3-2 win over Philadelphia on Tuesday night.

The win marked a successful return to the area for Gaudreau, the 21-year-old rookie and New Jersey native who had hundreds of fans in attendance. Gaudreau assisted on the winning goal, helping the Flames rebound after blowing a 2-0 lead.

"It was just as special as I thought it would be," he said.

He helped the Flames win for the second time in six games as they try to make a push in the Western Conference playoff race.

Sean Monahan and Mikael Backlund scored for the Flames.

Sean Couturier and Mark Streit both scored in the third period for Philadelphia.

Trying to get back into the Eastern Conference playoff race, the Flyers gamely rallied in the third. Couturier scored his 13th goal early in the period to cut it to 2-1.

The Flyers appeared to get the tying goal minutes later as Nick Schultz crashed into



Claude Giroux grimaces after the Flames' overtime winner on Tuesday night at Wells Fargo Center in Philadelphia.
PATRICK SMITH/GETTY IMAGES

On Tuesday

3

Flames

2

Flyers

goalie Karri Ramo. But after the officials huddled for several minutes, the no-goal call stood because Schultz made incidental contact in the crease with Ramo before the puck crossed the line.

Ramo, who had 35 saves, went down the next time the Flyers were near the crease and this time the tying goal counted. Streit's tip-in for his ninth goal evened the score

Quoted



"It's going to be really tough to watch from the sidelines. I really want to be a part of these types of games."

Flames captain Mark Giordano. The defenceman isn't giving up hope his team can make the NHL playoffs without him. With the bill of his red ball cap pulled down over his eyes, Giordano spoke with local media Tuesday about the season-ending surgery he'll undergo Wednesday to repair a torn left biceps tendon.

at 2-2 and sent the net flying.

"We should have been able to close it out," Flyers goalie Steve Mason said.

Not this time.

Monahan scored his 22nd goal of the season 6:30 into the game on a slap shot from the right circle. Backlund beat Mason for his seventh of the season to make it 2-0 in the second. Ramo made it stand up for a while with 22

saves through two periods.

"Rams is the story of our past two weeks," Calgary coach Bob Hartley said. "He's our best player. He's giving us lots of confidence, he's giving us key saves at the right time. Tonight, I think he was our best player."

The win belonged to Calgary. The night belonged to Gaudreau.

THE CANADIAN PRESS

NHL

TSN issues on-air apology to Phaneuf, Lupul and Cuthbert

TSN has issued a public apology to Maple Leafs captain Dion Phaneuf, his wife Elisha Cuthbert and Toronto forward Joffrey Lupul after the all-sports network aired an inflammatory fan tweet about Cuthbert and Lupul during Monday's NHL trade deadline coverage.

The apology was read by host James Duthie on Sportscentre on Tuesday night and posted prominently on the network's website after Phaneuf, Cuthbert and Lupul sent a letter threatening legal action earlier in the day.

The insinuating tweet about Lupul and Cuthbert was included in an ongoing social media crawl at the bottom of the screen Monday. THE CANADIAN PRESS

Senators at Wild

'Hamburglar' humbled in St. Paul

Charlie Coyle scored the winner in a shootout, Matt Dumba had two goals in regulation and the Minnesota Wild beat Andrew Hammond and the Senators 3-2 on Tuesday night to stop Ottawa's five-game winning streak.

Devan Dubnyk made 31 saves and turned away Mike Hoffman in the fifth round of the shootout to secure Minnesota's 15th victory in 20 games.

Hammond showed why he's called "The Hamburglar" by making 36 saves for Ottawa, but he lost for the first time in six NHL starts.

THE ASSOCIATED PRESS

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Bo Levi Mitchell with his 2014 Grey Cup MVP award. GETTY IMAGES

Stampeders' Mitchell extends deal

'I'm in love with this city'. Talented Texan will remain with Calgary until 2018

He grew up dreaming of playing in the NFL, but three years with the Stampeders have convinced Bo Levi Mitchell that Calgary is where he wants to be.

Mitchell celebrated his 25th birthday Tuesday by signing a contract extension that will keep him with the Stampeders through the 2018 season. Mitchell will be 29 before he's able to take a shot south of the border but the six-foot-two, 210-pound Texan has no burning desire to leave Calgary.

"I'm in a city that I love, I'm playing for a great football team with a great coaching staff," Mitchell told reporters at a news conference. "Honestly, when it came down to it I couldn't see myself playing anywhere else."

"I want to wear red and white until I am done playing football so it was something we wanted to attack pretty early."

Mitchell's extension comes after a solid first season as Calgary's starter. The Katy, Texas, native completed 264 of 417 passes (63.3 per cent) for 3,389 yards with 22 TDs and eight interceptions while rushing for 232 yards and four touchdowns.

Loyalty

"I want to wear red and white until I am done playing football."

Bo Levi Mitchell

He was 13-2 as the starter and guided Calgary to a league-best 15-3 record. Mitchell capped his season by leading Calgary past Hamilton 20-16 in the Grey Cup, taking MVP honours after completing 25 of 34 passes for 334 yards with an interception.

"Being a first-year starter you go through ups and downs," he said. "There were times that things went well, especially in the beginning."

"And then quickly teams found out things to do to stop me. Having a guy like Dave (offensive co-ordinator Dave Dickenson) out there makes it a little bit easier to defend against those things. I want to make sure I can take it upon myself to self scout ... and try to find those things out before teams find them out so I can fix them and make it harder on those teams to find out ways to stop us."

In three CFL seasons, Mitchell has completed 370 of 570 passes (64.6 per cent) for 4,713 yards with 34 touchdowns and 13 interceptions. He has run for 450 yards and 11 touchdowns while fumbling 10 times.

THE CANADIAN PRESS

Curling

Morris' skip change to Simmons call pays off

John Morris shook up his team midway through the Canadian men's curling championship by demoting himself to third and handing the house to Pat Simmons to skip.

The first Team Canada to play in a Tim Hortons Brier doubled Jamie Koe of Northwest Territories 6-3 with

the altered lineup Tuesday afternoon. They were 3-3 heading into the Brier's Battle of Alberta at night against the host province skipped by Kevin Koe. After giving up four points in steals in a loss to Saskatchewan the previous evening, Morris suggested the switch.

"We just needed a spark. Something wasn't clicking," he said. "I think our best chance to win this is making that move."

"I thought our options

were, keeping doing what we're doing and go .500 at the Brier and sort of fade away into the sunset or make a change and still try to win this thing."

Simmons has previous experience skipping teams at Briers, but he says the last time he called the shots was in 2010. "It wasn't in the master plan that's for sure," Simmons said. "It's not everyone's wish to get halfway into the Brier (and change) when you haven't

skipped in five years."

Northern Ontario's Brad Jacobs stayed undefeated and out in front at 6-0. The reigning Olympic champions flattened Adam Casey's young team from Prince Edward Island 11-1.

THE CANADIAN PRESS

The draw

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2015 Buick LaCrosse

- **Type.** Four-door FWD/AWD full-size sedan
- **Engines.** 3.6-litre V6 (304), 2.4-litre I4 with eAssist (182)
- **Transmissions.** Six-speed automatic
- **Price.** Base-tested price (incl. destination) \$37,595/\$52,245

Market position

With the discontinuation of Lucerne, the 2015 Buick LaCrosse is the company's largest and most luxurious sedan. This is a premium brand focused on classy styling, and comfortable road manners. It is geared towards mature, upscale buyers, many of whom currently shop Lexus.

Points

- Utilizes long version of GM's midsize FWD platform, which it shares with Chevrolet Impala and Cadillac XTS.
- V6 models can be configured with all-wheel drive.



All-new model for 2010, with major facelift and updates for 2014.

Interesting features

Very generous back seat space and comfort; 14 models add electric motor and auto stop/start for "mild hybrid" format; new OnStar system with 4G LTE and Wi-Fi hotspot.

Quietly adept at everything

Review. Buick's largest sedan, the LaCrosse, is also its most luxurious

MIKE
GOETZ
drive@metronews.ca

With Cadillac and Chevrolet in the family, Buick can play in the space between mainstream and premium, and overlap those markets whenever it sees fit.

Buick's largest sedan, the LaCrosse, does this perfectly.

You can load it up with technology and leather so it competes with luxury nameplates that bring the top-shelf stuff as standard equipment, or you can opt for a smaller serving of premium features, and still drive away in big, comfy sedan with a bit of upscale swagger.

And based as it is on a stretched version of GM's front-wheel-drive midsize platform, LaCrosse effectively competes against a lot of nameplates from both the mainstream and luxury brands. Think Toyota Avalon, Lexus ES, Nissan Maxima, Lincoln MKS, Ford Taurus, Kia Cadenza, and so on.

Our test LaCrosse was at the premium end, with AWD, the 304-hp V6, two extra safety packages, a huge panoramic



PHOTOS: MIKE GOETZ

sunroof and the big-screen TV with all the infotainment and connectivity options. Net result: a pre-tax MSRP (including destination) of \$52,245.

For that money you get the top-shelf technology, like forward collision alert, lane departure warning, articulating headlights, adaptive cruise control, and the latest version of IntelliLink and OnStar, which actually makes the Buick a Wi-Fi hotspot for all your passengers. The system can also read incoming texts through the speakers and be paired with iPhone for Siri Eyes Free.

Once you're set up, it's time to drive, and the first impres-

sion is one of smoothness and quiet. Quiet Tuning is a Buick "branding" thing, but it's legit. Last year's interior redesign made it less fussy, which also contributes to the Zen-like experience, as does GM's 6-speed automatic transmission.

The AWD version makes do with a less sophisticated rear suspension to make room for the extra drivetrain bits. And only FWD models can be had with the optional "real time" self-adjusting dampers. Either way, the LaCrosse feels agile on its feet, and the AWD versions have torque going to the rear wheels, for more balance in cornering and smooth takeoffs.

The smoothness and quietness might be reason why the 300-hp V6 doesn't feel like 300-hp should, at least to this driver. It's fast enough, just not in a way that makes you aware of it.

The extra length of the LaCrosse over midsize nameplates is well leveraged in the rear seating area; legroom and comfort are fabulous. The trunk, however, is only average for this class.

Today's Buicks look sharp, particularly this LaCrosse, whose extra length gives it more sleekness.

Overall, it's a smooth operator that does everything professionally, with little fuss.

Compare



1 Lexus ES350
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2 Lincoln MKS
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3 Chrysler 300
Base price: \$39,590
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Waging war on waste in the auto industry

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Making vehicles more environmentally friendly isn't just about reducing fuel use and emissions.

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It takes many resources to build a car, and manufacturers are always looking at ways to improve the process and reduce the amount of waste.

"We use the 'Three Rs' and add a fourth, which is refuse," says Brad Nichol, assistant manager of production control at Toyota Motor Manufacturing Canada.

"If material is of no use

to us, such as parts we don't need, we refuse them at the door. We work with our suppliers to find returnable packaging. Not just replacing a cardboard box with a tote, but the layers that protect the parts have to be returned to the supplier, and that's done a great deal in reducing our waste."

These returnable items

now include dunnage, the foam or other soft material that's used to protect smaller parts when they're packed inside boxes. The dunnage is returned and as much of it as possible is used again when the next shipment of parts is packed for delivery.

Automotive plants use large amounts of power and water, but along with obvious

solutions such as more efficient light bulbs, companies also look for improvements that eliminate issues at the source. For example, improved auto paint formulas and application methods can cut down on factory emissions and waste overspray, and require far less electricity when curing the finish.

One of the major goals for all automakers is to reduce the amount of waste they send to landfills, and 32 of Toyota's North American facilities now meet the definition of a zero-waste business, meaning they divert 90 per cent or more of all their waste from landfills or incineration.

Whenever possible, waste is diverted directly inside the plant, further reducing costs by not having to ship the material to a recycler.

"We manufacture plastic bumpers, and if we find a defect, we take that rejected bumper, send it to a grinder, and it becomes raw material for the next bumper," Nichol says. "We have quality standards to make sure (the

ground plastic) is not contaminated before we reuse it."

Manufacturers also look to their workforce, and programs include composting waste in plant cafeterias, colour-coding waste and recycling bins so that trash can be effectively sorted, and offering incentives for employees to come up with innovative ways to improve the plant's waste reduction processes.

A resumé of reduction

- Car manufacturers strive to meet certification by LEED (Leadership in Energy and Environmental Design), an international rating system for cost-effective "green" buildings.
- "New car smell" comes from toxic substances found in glue, plastic, textiles and other components. Automakers are working with suppliers to develop safer substitutes.



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Auto plants are striving for efficiency, such as reducing the number of steps an employee must take to finish each job. CONTRIBUTED

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Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

A couple of days from now you will have to start making more of an effort, especially on the work front, but today and tomorrow almost everything will come easy to you.

♉ Taurus

April 21 - May 21

Someone will expect you to live up to the inflated image they have of you but if you try, you may fall flat. Be who you are and insist that everyone takes you as they find you.

♊ Gemini

May 22 - June 21

Honesty is the best policy today, even if it means you hurt someone's feelings by calling it as you see it.

♋ Cancer

June 22 - July 23

Make an effort to get out and meet as wide a range of people as possible. You may not like everyone you encounter but each one of them will have something worth hearing.

♌ Leo

July 24 - Aug. 23

Can you adapt? It may not come easy to you but it's a must today as Uranus, planet of changes, is so strong in your chart. All changes will be good for you, so embrace them.

♍ Virgo

Aug. 24 - Sept. 23

Don't waste time getting others' opinions about what you intend to do. Just get on and do it and let the chips fall where they will.

♎ Libra

Sept. 24 - Oct. 23

Today's links between Venus, your ruler, and Jupiter and Uranus will encourage you to see the best in all people — not just the ones you like.

♏ Scorpio

Oct. 24 - Nov. 22

Make an effort to tie up loose ends because come the weekend there will be new challenges to tackle and the last thing you want is old plans and projects holding you back.

♐ Sagittarius

Nov. 23 - Dec. 21

If life has been a bit dull of late, spice things up. Some people will remind you that these are serious times but that just makes laughter more valuable.

♑ Capricorn

Dec. 22 - Jan. 20

If you have something to say make sure you say it loud and clear. Don't worry that by speaking your mind you might damage your career prospects — it's a risk worth taking.

♒ Aquarius

Jan. 21 - Feb. 19

Yes, you can turn your dreams into realities. With Uranus, your ruler, linked to values planet Venus today you only have to put a name to your desires to see them come true.

♓ Pisces

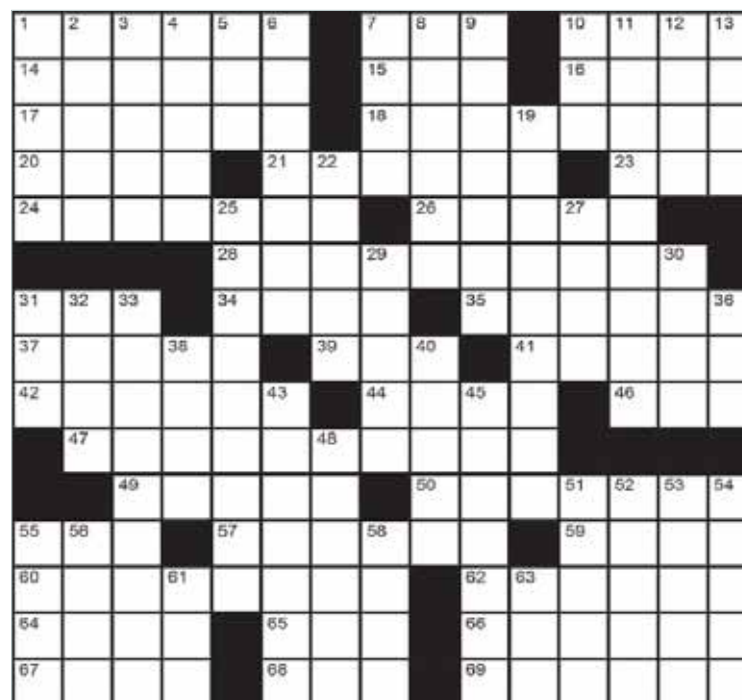
Feb. 20 - March 20

If you don't like the way those around you are doing things speak up about it, especially if you fear their mistakes could cost you money.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Ready-made, commonly
7. Electrical resistance unit
10. Goulash
14. Royal ___ (Canadian real estate company)
15. Mens ___ (Criminal intent, in law)
16. Cycled
17. Lacking standards
18. Brings up somebody's name
20. Taylor Swift's "All You Had ___ Was Stay"
21. Halifax-born actress Ms. Braganza
23. Arm drawing, commonly
24. Darling
26. H's spelling
28. La La La ___ (Founded in 1980, Canadian contemporary dance company known for its unique choreography)
31. Leningrad's lang.
34. Internet pub.
35. Under the weather
37. Jessica of "Gossip Girl"
39. Tasty tuber type
41. ___ Canada (Aluminum company)
42. Mints brand: 2 wds.
44. Sluggish
46. PC information units



47. "Welcome to My Life" band from Montreal: 2 wds.
49. 'E' of literary monogram TSE
50. Trinkets-displaying furniture piece
55. Adjust
57. Split-causing rift
59. Amongst
60. "Knock it off!": 2 wds.

62. Lunch hour activity
64. Mr. Eisenberger, Mayor of Hamilton
65. "Bambi" (1942) character
66. Strongly against
67. Chuck
68. US tax ID
69. To a ___ extent

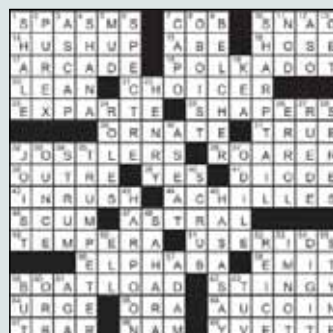
2. Tend to the lawn some more
3. Lyric poem
4. Denmark's ___ Islands
5. Palindromic honorific
6. Antwerp's country
7. Elm: French
8. ___ Blaikie, former Canadian law firm
9. Single-named

- contemporary Christian singer who was an "American Idol" contestant in 2006
10. Lanka's lead
11. Hors d'oeuvre piercer
12. Dame Everage link
13. Kim Kardashian ___
19. Manitouwadge, Ontario-born actress Ms. Jones of CBC's

"Strange Empire"

22. Catriona ___ Doan, Canadian Olympian/broadcaster
25. "The Marilyn Denis Show" expert Joe Rich, Family ___
27. Particular phone
29. Audibly astounded
30. Highbrow
31. Q-U's middle
32. Submachine gun types
33. Clubs and civilizations
36. Car's consumption
38. WWW code
40. Titles for French misses [abbr.]
43. Bells: French
45. Porridge
48. Mr. Hawke's
51. Backyard entrances
52. Gulf leaders, variantly
53. Washing cycle
54. Border-defining gardening tool
55. Floor plan measuring unit, briefly: 2 wds.
56. 12-star coin
58. Q. "Canadian" ...is ___ adjective?"
- A. "Yes, but also a noun."
61. QB's feats
63. ___ Carling in Ottawa, e.g.

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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GLS model shown*

HWY: 6.3L/100 KM
CITY: 8.9L/100 KM*

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IN PRICE
ADJUSTMENTS[§],
DELIVERY AND
DESTINATION FEES.



Limited model shown*

HWY: 6.7L/100 KM
CITY: 9.7L/100 KM*

**2015 ELANTRA
L MANUAL**



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DESTINATION FEES.



Limited model shown*

HWY: 9.3L/100 KM
CITY: 11.6L/100 KM*

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Limited model shown*

HWY: 9.8L/100 KM
CITY: 12.9L/100 KM*

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DELIVERY AND
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Limited model shown*

HWY: 9.7L/100 KM
CITY: 13.0L/100 KM*

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MONTHS[†]

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